



Obtaining and Recording the BMI on the PM 160 for CHDP Providers

Instructions: For accurate Body Mass Index-for-Age (BMI) percentile, please use the following five steps for all children/adolescents over 2 years of age.

1. Measure Height or Length and Record - Obtain accurate height measurement

Use-HEIGHT IN INCHES. If the child is younger than 25 months of age, measure the child's recumbent (lying down) length. If the child is 25 months of age or older, measure the child's standing height.

On the PM 160, **record** the height or length in inches for the nearest quarter inch. Fill in all spaces. A "0" is preprinted in the first (left) space. Enter whole inches in the second and third spaces. A "4" is preprinted in the last (right) space for recording fractions. Convert all fractions of an inch to fourths (1/4) and enter as follows:

Whole inches = Enter "0"

$\frac{1}{4}$ inch = Enter "1"

$\frac{1}{2}$ inch = $\frac{2}{4}$ = Enter "2"

$\frac{3}{4}$ inch = Enter "3"

2. Measure Weight and Record - Obtain accurate weight measurement

Use- WEIGHT IN POUNDS. On the PM 160, **record** the weight in pounds to the nearest ounce. Enter a leading zero in the first space for weights of less than 100 pounds. Use the last two spaces for ounces. Enter zeros when there are no ounces.

Example of PM 160 Height and Weight Section

	HEIGHT IN INCHES			WEIGHT LBS	ozs	BLOOD PRESSURE		
	0					4		
HEMOGLOBIN			HEMATOCRIT		%	BIRTH WEIGHT		

3. Identify BMI Value- Align height (inches) and weight (pounds) values on BMI wheel and read the BMI wheel window to the closest one-tenth of a point.

4. Plot BMI Value on the Appropriate CDC BMI-for-Age Chart to Identify the BMI-for-Age Percentile- Note, there are charts for boys and girls spanning ages 2-20.

5. Record BMI-for-Age Percentile in the PM 160 Comment Section (see example)

COMMENTS
PROBLEMS
IF A PROBLEM IS DIAGNOSED THIS VISIT, PLEASE ENTER YOUR DIAGNOSIS IN THIS AREA
BMI - XX